

Gracie Survival Tactics (GST) Military/Law Enforcement Instructor Certification Course

LEVEL 1 CERTIFICATION



Host Accommodations & Training Facility Information

City & State of GST Training:	York, PA (USA)
Date of Training:	March 6-10, 2023 (Monday - Friday) for Certification & Re-Certification
Training Hours (30 hours total / 5-Days):	8:00 am to 2:30 pm daily (30-minute lunch break) - Total 6 hrs. daily
First & Last Name of Host:	Seth Arnold
Title of Host:	Patrolman
Agency Host:	Northwest Regional Police Department
Work Telephone:	(717) 367-8481 Ext. 112
Mobile Telephone:	(717) 304-9932
Other Telephone:	N/A
Fax:	717-367-3382
Host Email:	sarnold@NWRPD.org
Name of Training Facility:	York Brazilian Jiu Jitsu
Full Address of Training Facility:	3130 W. Market St, York, PA 17404
Square Footage of Matted Area:	2800 sqft.
Parking Information:	Pucillo Gymnasium - Parking Lot out front of Building (**do not park in the 3 spaces in front of Nationwide Insurance)
Are Lockers available?	No
Are Showers available?	No
Are weapons allowed in facility?	No
Describe Security access to facility:	N/A
Nearest Major Airport:	Harrisburg International Airport, 1 Terminal Dr, Middletown, PA 17057
Driving minutes from airport to facility:	45min to 1hr
Hotels in Area:	<ul style="list-style-type: none"> - Holiday Inn Express - Wyndham Garden York - Tru by Hilton York
Nearby Restaurants:	Stonybrook Family Restaurant, The First Post, The Left Bank Restaurant
Nearby Attractions:	Turkey Hill Experience , The Haines Shoe House
Attire & Equipment to Bring for Participants:	<ul style="list-style-type: none"> - Tops: T-shirt (Long Sleeve recommended) or sweats. No Gi top! - Bottoms: Long loose fitting athletic pants, tactical pants or Gi pants. Shorts acceptable but not recommended. - Feet: Barefoot recommended- no footwear other than wrestling shoes. - REQUIRED on the Last Day of Training: Duty Belt / Gun Belt with training gun (injection-molded, plastic or rubber) - Please no live lethal guns, chemical/OC sprays, knives live TASERS/CEWs in the training site. - If you are a detective or in CID and only wear a belt with a holster, then it is acceptable to wear that holster (or a similar training holster) with a training gun (injection molded, plastic or rubber gun) - Don't forget to wear inner belt so that the gun belt can be securely fastened. - Optional: Groin & mouth protection. Load bearing equipment (helmet, body armor, gear, duty belt, etc.) is not part of training but may be used with permission from instructor on last day of training. - Other: Bring snacks, fruit & hydration drinks. Finger & toe nails must be clipped.
GST Overview:	<ul style="list-style-type: none"> - The GST course consists of 23 stand-up & ground techniques, taught in 30 hours over a 5-day period. - Techniques address most common threat scenarios encountered by Military& Law Enforcement personnel in the field. - These Gracie Survival Tactics (GST) are extremely effective when you are up against much larger & stronger opponents. - Instructors reduce liability for their agency when they learn safe, effective & proven reality-based techniques. - What sets GST apart from all other similar Instructor Certification Courses is the Gracie University Instructors' exclusive teaching techniques. Drawing from over 85 years of experience, teaching thousands of military & law enforcement personnel & many thousands more students from all walks of life, the Gracies' have developed a detailed, systematic approach in presenting their knowledge known today as the Gracie Teaching Methodologies. This will ensure that course graduates can effectively impart their newfound knowledge & skills of GST to other members of their organization, using the best teaching skills ever developed in this field. In addition to the Hands-On course, graduates will receive the entire Level 1 video course online (www.GracieUniversity.com) to use for future reference and refresher training. The online GST access will remain for the duration of the certification period. - Open only to active (reserve/guard okay) Military personnel, Law Enforcement personnel, and Firefighters/EMTs. Disclaimer: All non-US based LE and MIL personnel must be pre-approved before registering. To begin the approval process, please contact our GST Director below.
POST Credit for GST Completion	
The GST course is now POST Certified in over 35 states in America, making Gracie University the only jiu-jitsu organization in the country to achieve this distinction. The International Association of Directors of Law Enforcement Standards and Training (IADLEST) launched the National Certification Program (NCP) to establish law enforcement training standards and "best practices" relating to improved professionalism and skill sets for the nation's first responders. Since NCP courses are recognized nationally, any time a Peace Officer from one of the member states completes GST Level 1 Instructor Certification Program (in person), the training hours will count towards the officer's mandatory in-service training requirements. To confirm that your state is an IADLEST member, please visit GracieUniversity.com/POST.	
GST IADLEST Course Number:	21332-2105
- All GST courses are taught by a Gracie University Master Instructor.	
Gracie University GST Website:	www.GracieUniversity.com/GST
Director of Military & Law Enforcement Combatives:	Cell: 817-692-8303 Email: GST@GracieUniversity.com